BENGALURU, SUNDAY, MARCH 16, 2025 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SUNDAY

TEMP Max 33 | Min 22 | Humidity 38% Partly Sunny Sensex 73,828 | Nifty 22,397 | Gold 87,963 | Silver 100,761 | Dolla 59 | GBP 112.47

FILM THEORY

Plan to cap multiplex ticket prices at Rs 200 may have come as a blow to theatre owners, but film lovers and experts are all for it

PAGE 2

JUST A SCAPEGOAT?

Was forcibly arrested on the plane, denied sleep, forced to sign more than 40 pages, including blank sheets, claims Ranya Rao

PAGE 3

Number of dowry cases doubled in February as compared to January even as police and legal experts say actual number may be far higher

TILL DOWRY DO US PART

Police say in some cases victims counselled before registering FIR

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Police data has revealed that there is no let-up in dowry harassment cases in the city. February witnessed 94 cases, which is almost double the 48 reported in January. Despite stringent laws, the menace persists, leaving women to fight for justice. In two recent cases, women stepped forward to file complaints against their husbands and in-laws.

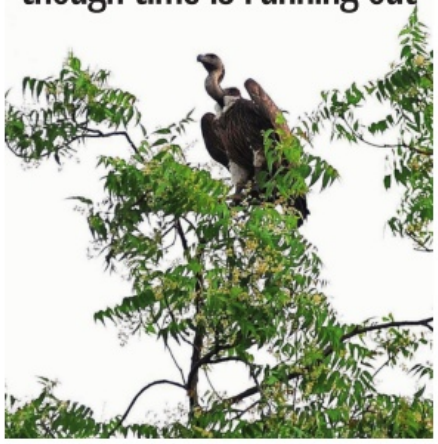
Recently, a woman filed a complaint against her husband and in-laws, alleging dowry harassment and financial exploitation and mental abuse. According to the complaint, the woman was married on March 27, 2022, at Bhavani Shankar Temple, following Hindu customs. As part of family traditions, she provided gold jewellery, including a 30-gram chain and a 10-gram ring. The complainant accused her husband of pressuring her to bring Rs 1 crore from her father to establish his own company.

CONTINUED ON PAGE 12 »

“Despite the harassment being real, the lack of evidence often leads to acquittals. This is why many cases get dismissed, creating the perception that a large number of them are false —Rajalaxmi Ankalagi, advocate

No vultures in sight

Central Zoo Authority yet to give its nod to set up breeding centre at Bannerghatta National Park though time is running out



Garima Prasher
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The Karnataka Forest Department (KFD) is still awaiting approval from the Central Zoo Authority (CZA) to start its long-awaited vulture breeding centre at Bannerghatta National Park (BNP).

Notably, the project was announced in 2020 under India’s five-year action plan for vulture conservation by the Ministry of Environment, Forest & Climate Change (MoEFCC). While the timeframe to implement the plan is closing this year, the breeding centre has yet to see the light of day.

The proposal has been on hold for over a year with CZA, without any clarifications, said a senior KFD official.

“There has been no response from the Central Zoo Authority. While we were told that the project will receive the final nod in December, we are still waiting,” said the official. While the captive breeding centre at BNP was ready more than a year ago, CZA’s green signal is a prerequisite for KFD to initiate the process of getting birds from Pinjor Vulture Conservation Centre in northern Haryana.

CONTINUED ON PAGE 12 »

THINGS TO DO

01 Theatre festival

Prestige Centre for Performing Arts (PCPA) presents Chiguru, a new festival celebrating original work in Kannada theatre. Showcasing fresh narratives and creative storytelling and a lot more. **Where: Prestige Centre for Performing Arts (PCPA); When: March 16, 3 pm to 7 pm.**

02 Jokes & jams

Experience a night of side-splitting comedy and incredible live music featuring Ash Chandler and Salim John Sadiq. Expect fresh, high-energy performances for a memorable evening. **Where: Olive Beach, 16, Wood Street, Ashok Nagar; When: March 21, 8 pm onwards**

03 Heritage tribute

An immersive experience showcasing artistic excellence and cultural heritage. Open to art lovers, cultural enthusiasts, and the media. **Where: Chowdaiah Memorial Hall; When: March 21, 5.45 pm**

04 Musical essence

An all-women lineup celebrating musical excellence across genres. Featuring renowned and emerging artists in Carnatic and Hindustani music. **Where: The Bangalore Gayana Samaja When: When: March 22, 23, 29 & 30, 4 pm to 9.30 pm**

05 Drama unfolds

Dramarsis presents the third staging of Daag, a Hindi play, at Rangashankara. Experience an unforgettable evening of powerful storytelling and compelling performances. **Where: Rangashankar; When: March 19, 7.30 pm**

Ticket price cap promise: Happy film viewing, folks

Multiplex operators unsure about how cap will affect their business, but many in city feel this move will make more people come to the theatres

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Chief Minister Siddaramaiah recently created a flutter by announcing in the budget that movie tickets in multiplexes will be capped at Rs 200. Karnataka once had around 650 single-screen cinemas, but nearly 150 of them have shut down. Currently, the state has 72 multiplexes with approximately 300 to 350 screens, with Bengaluru alone housing 50 multiplexes. The film industry here operates on a large scale, generating substantial revenue annually. Ticket pricing varies across theaters. Single-screen cinemas charge between ₹50 and ₹150, while multiplexes have significantly higher rates. Regular movie tickets in multiplexes start from ₹250 and go up to ₹500, while star-studded and pan-India films are priced between ₹1,000 and ₹1,500.

To curb skyrocketing ticket prices, the state government has proposed capping movie ticket rates at ₹200. This policy, announced in the budget, will be presented to the Cabinet for discussion and approval. Once the necessary rules are framed by the concerned department and the notification is issued, the regulation will be enforced. However, there is a possibility of legal challenges against the policy, as witnessed in the past.

The state has 72 multiplexes with approximately 300 to 350 screens, with Bengaluru alone housing 50 multiplexes

Industry reactions

Multiplex operators argue that reducing ticket prices could lead to financial losses, especially for big-budget films. They compare it to setting the same price for premium offering to local offering, questioning the feasibility of uniform pricing. However, critics argue that lowering ticket prices could attract larger audiences, ultimately benefiting the industry. They claim that high prices on opening days serve as a tactic to maximize profits early on, likening it to "pickpocketing" moviegoers.

A film exhibitor said, "I definitely support ₹200 ticket cap, stating that it provides clarity on earnings for producers and benefits audiences. However, I stress that the government must ensure proper implementation through regulatory measures and take all stakeholders into confidence before enforcement."

Welcoming the policy, a Kannada film producer said this will benefit regional language films and content-driven cinema. He argued that multiplexes, which were initially approved to promote regional films, have been exploiting audiences by prioritising non-Kannada films. He urged the government to take strict action against any legal challenges to the policy and also regulate food and beverage prices at multiplexes.

Rajashekar D, a film buff, said that standardised ticket pricing will encourage more people to watch films in theaters. While some big-budget productions may oppose the move, he insists that the policy will be beneficial for the industry as a whole. He called on the government to expedite the implementation of the new ticket pricing system. With the government pushing for ticket price regulation, the coming months will determine whether this move brings relief to moviegoers or faces hurdles from industry players. Tarun A, a film buff said, "Well, the movie tickets are capped at ₹200—but what about popcorn? Still feels like I need a loan just to enjoy a tub!"

Will this happen?

The decision to cap movie ticket prices is not a novel concept. A similar proposal was put forth by Siddaramaiah during his first tenure as Chief Minister in the 2017 budget drawing inspiration from Tamil Nadu's ticket pricing model and aligned with recommendations from a committee tasked with revising Karnataka's film policy. A report by the TA Pai Management Institute highlighted exorbitant ticket prices as a major concern among Karnataka's moviegoers. This report has now played a key role in shaping the government's latest decision.

Experts take cybercrime head-on at conference

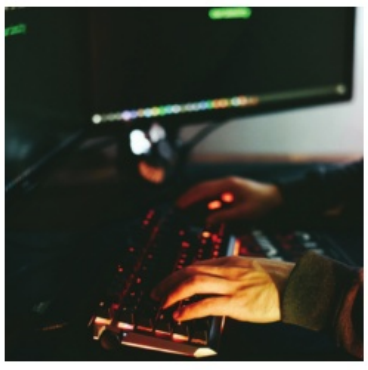
Karnataka Home Minister Dr G Parameshwara emphasised on the importance of technology and training in strengthening India's law enforcement, highlighting the state's leadership in this fight, during the launch of the Cybercrime Investigation Summit, in the city on Saturday. The summit, 'CIDECODE-2025, is the flagship conference of Centre for Cybercrime Investigation Training & Research (CCITR). Parameshwara also released the 4th Edition of the Cybercrime Investigation Manual, a crucial resource for law enforcement, reflecting the latest trends and techniques in combating cyber threats.

The summit brought together over 150 senior police officers from Karnataka and 55 from across India to address the escalating challenges of cybercrime through knowledge-sharing, skill-building, and collaboration.

"Cyber threats are now a permanent reality, requiring constant vigilance and proactive measures. At the same time, the digital revolution has transformed our lives, work culture, and connectivity. Cybercrime knows no geographical boundaries—it can happen anywhere in the world, and its impact is interconnected. Every day, questions on cybercrime are raised in the Karnataka Assembly and across India. The number of cybercrime cases has surged, and I have personally answered at least half a dozen questions on this issue," said Parameshwara. He said he took the initiative in 2018 to establish a dedicated cyber training institute, after signing an MoU with Infosys. "For the first time in India, we created a cyber training centre within CID to not only track global cyber trends but also train our police officers, judiciary, and prosecutors."

> **"Cybercrime knows no geographical boundaries—it can happen anywhere in the world** – G Parameshwara

He said that now academia has also stepped in, introducing courses on cybercrime, AI, and data management, helping build capacity in this crucial domain. "Karnataka has been a pioneer in cyber policing, setting up 44 cyber police stations, with the first established as early as 2001. However, we must go further—every police officer should be equipped to handle cybercrime."



The day-long summit featured panel discussions with senior police officials and cybersecurity experts, a master class on cyber laws, and technical talks by leading professionals. A tabletop exercise focused on handling ransomware attacks was a key highlight, designed to enhance response strategies for police officers.

Highlighting the surge in cybercrimes, Alok Mohan, Director General and Inspector General of Police, noted that in certain divisions of Bengaluru, over 40% of registered cases are linked to cybersecurity. He revealed that over 60,000 cybercrimes had been reported in the past four years. "We initially estimated that cybercrimes would account for around 10% of total crimes in Karnataka last year. However, to our surprise, the figure has soared to 35%, and in some Bengaluru divisions, even 40%."

Organised in collaboration with partners like Infosys Foundation and the Data Security Council of India (DSCI), CCITR has trained over 46,000 personnel since its inception in 2019. **— BMB**

Canter rams vehicles, driver dies

A canter driver lost control of his vehicle in front of the Satellite Bus Stand at around 5 am on Saturday, leading to a series of collisions involving multiple vehicles. The driver, identified as Jagan, succumbed to his injuries before receiving treatment.

Eyewitnesses reported that the canter, en route to Mysore, first rammed into a parked car, which in turn crashed into an auto. The out-of-control vehicle then collided with a BMTC bus leaving the bus stand and an Airavat bus before striking another parked auto, causing it to overturn. The impact also led to a collision with a truck, leaving the front of the canter completely crushed.

The accident resulted in severe damage to three autos, two cabs, one bike, and the BMTC bus. A pedestrian and an auto driver sustained injuries and were immediately rushed to Victoria Hospital for treatment. Fortunately, no fatalities were reported among other commuters.

Preliminary investigations suggest that the accident may have been caused by reckless or drunk driving. The Byatarayanapura Traffic Police arrived at the scene, cleared the wreckage, and registered a case. Further inquiries are underway to determine the exact cause of the crash.

Bus crew foils mobile theft

Three women, identified as Amrita (36), Kokila (34), and Nakshatra (30) from OG Kuppam, Andhra Pradesh, were arrested for theft after a BMTC bus driver and conductor foiled their escape.

Recently, the accused boarded a BMTC bus from Majestic to Vijayapura near Devanahalli. During the journey, one of the women allegedly stole a mobile phone from a female passenger's bag. The bus conductor noticed the act and immediately alerted the driver.

Sensing trouble, the driver swiftly locked the bus doors to prevent their escape. Panicked, the accused tried to deceive the crew by claiming that their child was crying and urging them to open the doors. However, the driver remained firm and informed the police.

As the police rushed to the scene, the accused discreetly discarded the stolen mobile phone and a mangalsutra under a seat. Upon arrival, the police searched their bags and discovered a large quantity of gold jewellery and multiple mobile phones, which were promptly seized.

According to police sources, the trio had been targeting women passengers, snatching gold chains and mobile phones before heading to OG Kuppam to sell the stolen goods. The bus driver's quick action led to the culprits being caught red-handed.

Drunk man's ATM heist fails

A drunk mechanic attempted to break into two ATMs in the city after claiming he had no money to buy alcohol. The accused, identified as Syed Jameel, a resident of Shivaji Nagar, first targeted a Canara Bank ATM under Wilson Garden police station limits and later tried to rob an ICICI Bank ATM in Tilak Nagar.

Around 2 am on Friday, Jameel, who initially entered an ATM to withdraw cash, was caught on CCTV attempting to force open the machine. Suspecting foul play, the ATM security staff triggered an alarm and asked him to leave. Undeterred, he moved to another ATM, but by then, the online surveillance team had alerted the police.

As he tried to flee after his failed robbery attempts, Wilson Garden police apprehended him. During interrogation, Jameel confessed that he attempted the theft due to a lack of money for alcohol. The police have arrested the accused and are investigating further.

Man arrested for injuring stray

A 23-year-old construction worker from Bihar, identified as Nitish Kumar, was arrested for brutally mutilating a stray dog near Shalini Maidan in Jayanagar. The incident occurred on Friday and came to light when locals heard the dog, named Ramu, barking in distress.

According to police reports, Nitish was caught in the act of slashing the dog's jaw with a blade, with another unidentified individual suspected to be involved.

Upon witnessing the brutality, concerned residents intervened, chased down Nitish as he attempted to flee, and handed him over to the police. Vidya, a social worker who regularly feeds stray dogs in the area, filed a complaint against Nitish at the Jayanagar police station.

A case has been registered under the Prevention of Cruelty to Animals Act, 1960 (Section 11(A)) and Bharatiya Nyaya Sanhita, 2023 (Section 325) for endangering an animal's life.

The BBMP veterinary team examined the injured dog and is providing necessary medical care.

Ranya Rao's letter: 'Beaten, forced to sign papers'

Actress Ranya Rao, in judicial custody for gold smuggling, alleges mistreatment; officials issue notices to airport staff, and her stepfather is placed on leave

Actress Ranya Rao, currently in judicial custody over an illegal gold smuggling case from Dubai, has made serious allegations against Directorate of Revenue Intelligence (DRI) officials. In a letter addressed to the Additional Director General (ADG) of DRI, Delhi, through the Superintendent of Parappana Agrahara Jail, Ranya claimed that she was slapped on the forehead and coerced into confessing.

Ranya alleged that she was assaulted multiple times during the interrogation and was not given an opportunity to explain her side of the case. "I am being made a scapegoat to protect someone. I was forcibly arrested on the plane, denied sleep, and forced to sign more than 40 pages, including blank sheets," she stated in the letter.

She further claimed that she was taken into custody at 6:45 pm on March 3 and presented before a judge at 7:30 pm on March 4, without any rest in between. Additionally, she accused the officials of threatening to implicate her father and family members in the case.

According to investigative sources, when Ranya was arrested at the airport, she was emotional and reportedly told protocol staff Basavaraj, "I made you all get into trouble because of me. I made a mistake. Call Daddy and Uncle

and tell them." These statements have added a new dimension to the ongoing investigation.

Confidential notices issued to 4 airport staffers

Gaurav Gupta, the investigating officer in Ranya Rao's case, has issued confidential notices to four airport staff members for violating protocol. The notices were sent to Head Constable Basavaraju, Airport Intelligence Division Constable Dhanush, and two other staff members, Venkatesh and Mahantesh, instructing them to appear for questioning.

Authorities have already seized key documents and recorded statements from security officials regarding the incident.

Sources revealed that Basavaraju admitted to picking up Ranya from the airport following a protocol directive. "She called me from Dubai and asked me to pick her up. DGP K. Ramachandra Rao had instructed that family members should be treated with respect," Basavaraju reportedly stated.

ADGP assigned additional charge

In a related development, Dr K Ramachandra, the stepfather of Ranya Rao, has been placed on compulsory leave. The government has appointed the ADGP of the Recruitment Division, KV Sarathachandra, to take over his responsibilities. The gold smuggling case is currently being investigated by three central teams and a state-appointed IAS officer.

Reports indicate that Dr Ramachandra will remain on leave until the investigation concludes.

Ranya moves sessions court seeking bail

After the Special Economic Offences Court dismissed her bail plea on Friday, Ranya has now approached the Sessions Court seeking bail. Her lawyer filed the application on Saturday, and sources suggest that the plea is likely to be heard on Monday. T

he case continues to unfold, with further developments expected as the investigation progresses.

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Big plans: ₹18,000-crore budget on cards for BBMP

Civic body exploring revenue sources such as ads and premium Floor Area Ratio

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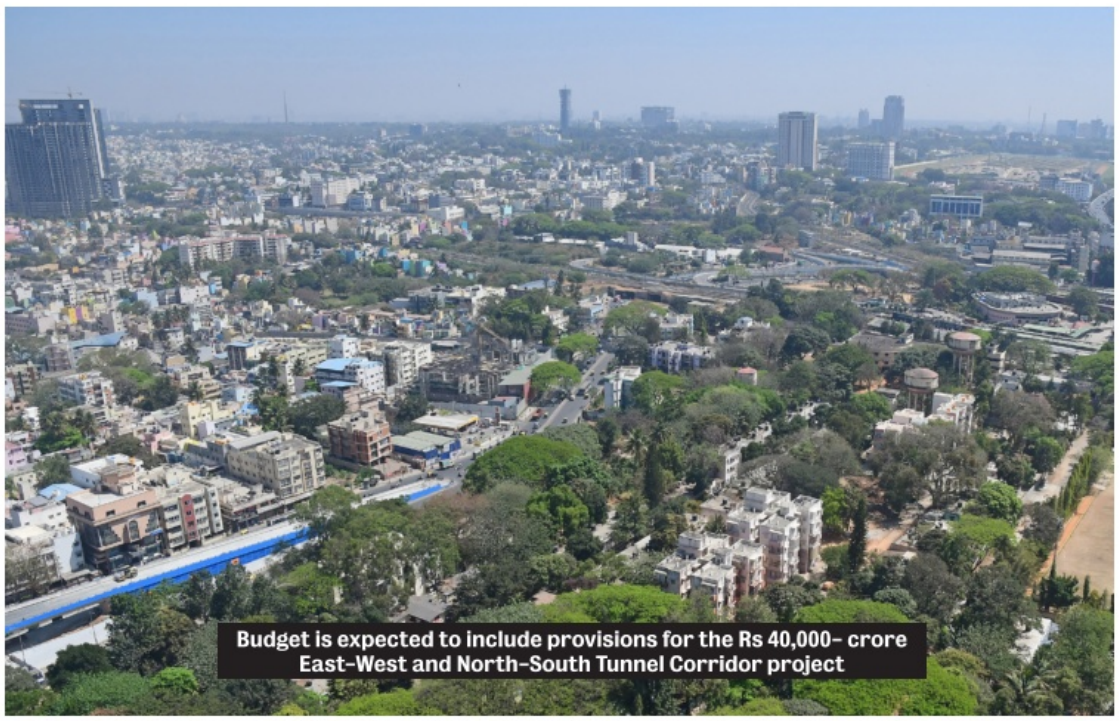

Budget is expected to include provisions for the Rs 40,000- crore East-West and North-South Tunnel Corridor project

With expectations of a significant Rs 7,000 crore grant from the state government, the Bruhat Bengaluru Mahanagara Palike (BBMP) is gearing up to present a massive Rs 17,000-18,000 crore budget for the financial year 2025-26. The budget presentation has been tentatively scheduled for March 20 or 21.

Chief Minister Siddaramaiah has announced that the state government will allocate Rs 7,000 crore in the upcoming budget to boost infrastructure development in Bengaluru. This announcement provides a major financial boost to BBMP, which primarily relies on property tax and government grants to fund its budget. In addition to state funding, the civic body is exploring new revenue sources such as advertisements and premium Floor Area Ratio (FAR) to ease the financial burden on citizens.

Sources indicate that the budget is expected to include provisions for the Rs 40,000 crore East-West and North-South Tunnel Corridor project. Additionally, major urban development initiatives such as the "Brand Bengaluru" project, lake restoration, flood control measures, and projects supported by the World Bank are likely to be included. Apart from these, funds will be allocated for welfare schemes and routine maintenance works.

Since the term of elected representatives in BBMP ended in September 2020, the budget has been presented by civic officials for the past four years. This year too, the budget will be tabled by the Special Commissioner (Finance), marking the fifth consecutive year of an official-led budget presentation.

Infrastructure, sustainability, and welfare take centerstage in city's biggest civic budget yet

In 2024-25, BBMP presented a budget of Rs 12,369 crore, which was later revised to Rs 13,114 crore after the state government approved an additional Rs 745 crore. Typically, the BBMP budget grows by 5-8% annually. However, with the state government pledging an extra Rs 4,000 crore this year, sources indicate that the BBMP's 2025-26 budget is expected to be in the range of Rs 17,000-18,000 crore.

Pay more, but will garbage worries end?

Public anger grows over new garbage tax amid rising metro and bus fares

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PICTURE FOR REPRESENTATION ONLY

Even as Bengalureans struggle with rising metro and bus fares, the state government has now approved a new solid waste collection fee, set to be implemented from April. From then, Bengaluru residents will have to pay a monthly solid waste management fee based on their property size. Residential properties up to 600 sq. ft. will be charged ₹10, while those between 601-1000 sq. ft will pay ₹50. Homes measuring 1001-2000 sq. ft. will be charged ₹100, and for 2001-3000 sq. ft., the fee is ₹150. Properties between 3001-4000 sq. ft. will pay ₹200, while those above 4000 sq. ft. will be charged ₹400. Vacant plots will be charged ₹0.20 per sq. ft. Commercial establishments will also face charges based on daily waste generation, with fees starting at ₹500 for up to 5 kg, ₹1,400 for 10 kg, ₹3,500 for 25 kg, ₹7,000 for 50 kg, and ₹14,000 for over 100 kg. The government expects this cess to generate ₹600-₹800 crore annually to support the city's waste management system. This fee will be collected alongside property tax payments, with the revenue directed to the Bengaluru Solid Waste Management Limited (BSWML) for waste disposal operations.

"Why should we pay again?"

The move has sparked outrage among residents, who argue that they are already paying multiple taxes and that an additional fee for waste collection is unjustified. "For years, we have been paying property tax, which already includes civic maintenance. Now, they are adding a separate waste collection fee. What next? A fee for streetlights and footpaths?" questioned Rajesh Kumar, a resident of Jayanagar. Echoing similar concerns, Lakshmi Prasad from Whitefield said, "We don't mind paying for services, but we need transparency. How efficiently is BBMP utilising the existing funds? If we are paying for waste collection, will they guarantee cleaner streets and timely garbage disposal?" Apartment owners and resident welfare associations are particularly unhappy. "If an apartment has 50 flats, each owner must pay separately. This is unfair since apartments already spend heavily on private waste disposal services," said Shilpa Narayan, a representative of an apartment owners' association.

> **"We have been paying property tax, which includes civic maintenance. Now, they are adding a separate waste collection fee**
> – Rajesh Kumar, Jayanagar resident

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Sidewalk neglect

Ashok Nagar

Footpath in poor condition at Shoolay Circle, Ashok Nagar.

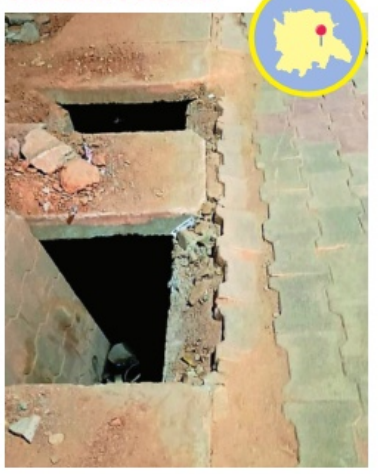
Road woes

Kudlu Road

The 1.3 km stretch from a temple to Birla Circle on Kudlu Road is in a deplorable state, requiring complete resurfacing rather than temporary patchwork.

Damaged pavement

Vidhana Soudha



The footpath leading to Vidhana Soudha from Mysuru Bank Circle, just 1 km away, is in disrepair. Tourists have even been spotted taking pictures of its poor state!

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STALL # B-8 — Union Bank of India

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Shakti scheme crowds buses, but no pink service

Govt rules out reintroducing women-only pink buses, opting instead to enhance safety in existing fleet; commuters argue that exclusive buses are crucial for safer journeys during peak hours

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The Karnataka government has clarified that it has no plans to introduce women-only buses across the state, despite a significant increase in female ridership following the implementation of the Shakti Scheme.

Responding to a question by MLC Yathindra Siddaramaiah, Transport Minister N Ramalinga Reddy said, "The Shakti scheme, which provides free bus travel for women, has led to a surge in the number of female passengers using services operated by the Karnataka State Road Transport Corporation (KSRTC), Bangalore Metropolitan Transport Corporation (BMTC), North Western Karnataka Road Transport Corporation (NWKRTC), and Kalyana Karnataka Road Transport Corporation (KKRTC)." Acknowledging the need for women's safety, the transport department has assured that necessary adjustments and scheduling improvements will be made to accommodate the rising demand. However, the government has made it clear that there are no current plans to introduce exclusive women-only buses (Pink Buses) across Karnataka.

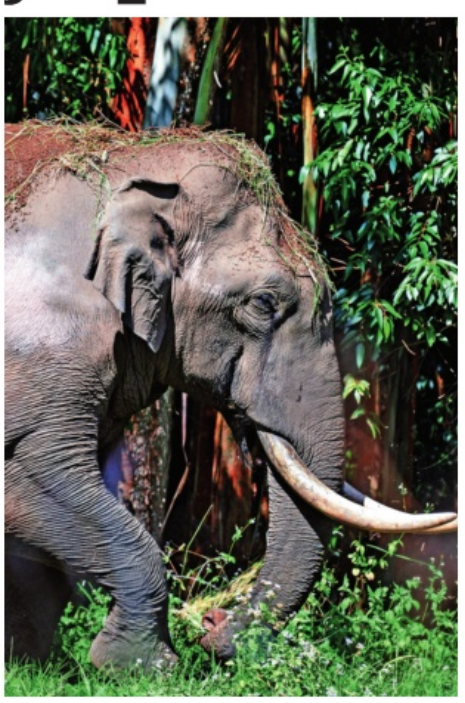
Officials stated that instead of segregating buses, the focus would be on enhancing safety measures within the existing fleet to ensure a secure and comfortable travel experience for female passengers.

Female commuters call pink buses vital for crowded hours

> **During morning and evening rush hours, it becomes extremely difficult to even board a bus. We are often pushed and jostled**
>
> –Priya R, commuter

However, many female commuters argue that such services are essential, especially during peak hours when crowded buses make travel difficult and unsafe. "During morning and evening rush hours, it becomes extremely difficult to even board a bus. We are often pushed and jostled, making the journey uncomfortable. Women-only buses would give us a sense of security and ease," said Priya R, a daily commuter from Whitefield. Several commuters pointed out that the BMTC had previously operated 'Pink Buses' exclusively for women, which provided a safe and hassle-free commute during peak hours. "A decade ago, BMTC had Pink Buses during peak hours, and they were a blessing. We didn't have to struggle to find space or deal with the rush. Now, with increased ridership under the Shakti scheme, it is even harder to travel comfortably," said Meghana S, a software professional from Bengaluru.

Forest dept to deploy thermal drones, jeeps after Belur elephant attack



Minister for Forest, Ecology and Environment Eashwar B Khandre has directed the Karnataka Forest Department to capture three elephants that were involved in the accidental death of a 47-year-old woman in Hassan's Belur taluk.

The instruction was given to the officials on Saturday during an emergency meeting called in the wake of the unfortunate incident that took place on Friday (March 14).

An emergency meeting with forest officials was convened at Vikas Soudha, attended by Additional Chief Secretary for Forest, Ecology, and Environment Anjum Parvez, Principal Chief Conservator of Forests and Head of Forest Force Meenakshi Negi, and Chief Wildlife Warden SK Malkhede. Forest Minister Eshwar Khandre instructed officials to establish an elephant task force office in the affected area and deploy a Deputy Conservator of Forests to oversee the capture of the three elephants involved in the incident, ensuring swift action to prevent further conflicts.

The said incident occurred on Friday evening in Byadana village in Belur, which sparked outrage among locals, leaving the forest department and the Minister on their toes.

> **Official plan awareness campaigns on elephant behaviour**

Orders have also been given to ensure members of the Elephant task force are compensated promptly. Other aspects such as allowances, uniforms, shoes, jackets, and instruments such as walker-talkies and insurance facilities will also be streamlined and in place.

Khandre also instructed officials to add two thermal drones to monitor the movement of elephants in the Hassan district, even at night, and inform locals on time.

Given the severity of elephant-related issues, he also directed officials to deploy two additional jeeps and more personnel as emergency response teams in high-conflict areas. He emphasised swift action upon receiving alerts about elephant movements.

Directions have also been given to create awareness among villagers and locals about elephant behaviour, precautions to be taken while moving around during the late evening and early morning hours, and protocols to be followed by villagers during elephant encounters. —BMB+ Agencies

IN BRIEF

Workers demand heatwave safeguards

The frequency of heat waves highlights climate change's impact, disproportionately affecting outdoor workers like pourakarmikas. They urge social welfare department to provide water facilities and adjust working hours. AICCTU has written to the social welfare department regarding the matter. "The intolerable heat and its impact on Pourakarmikas was raised by @aicctukar. Karnataka Social Welfare department has now instructed all Deputy Commissioners to take necessary measures such as altering working hours, providing water, hats, food, resting place, etc," said Clifton Rozario, AICCTU.

The unprecedented high temperatures recorded last year became a prominent topic of discussion nationwide, sparking debates about these unusual weather patterns as direct effects of climate change. A significant observation emerged that severe heat conditions would no longer be limited to traditionally affected regions in India. —BMB

1k borewells being dug daily, crisis nears

Bengaluru witnesses the drilling of nearly 1,000 borewells every day, with water being extracted from thousands of feet below the ground. This excessive groundwater depletion threatens future water availability, said groundwater and rainwater harvesting expert NJ Devaraj Reddy. Speaking at a programme organised by the Bangalore Water Supply and Sewerage Board (BWSSB) Engineers' Association, he highlighted the urgent need for rainwater harvesting as the only viable solution. Despite regulations prohibiting borewell drilling, hundreds of machines continue to operate. Even when water is not found, residents spend up to 8 lakh to drill borewells as deep as 3,000 feet, he said. Reddy shared a concerning case from Anekal, where a farmer drilled 21 borewells on a single acre of land, each over 1,000 feet deep, but failed to find water. "He approached me in desperation, and I advised him on rainwater harvesting instead," he said. —BMB

No OC, no power

The Karnataka Electricity Regulatory Commission (KERC) has issued a clear directive to all electricity supply companies (ESCOMs), including BESCOM, stating that no commercial or residential building without an Occupancy Certificate (OC) should be provided with an electricity connection. The order, issued on Thursday, follows the Supreme Court's December 17, 2024, ruling, which mandates strict action against unauthorised constructions and buildings that violate approved plans. As per the directive, BESCOM in Bengaluru, along with MESCOM (Mangaluru), HESCOM (Hubballi), CESC (Mysuru), GESCOM (Kalaburagi), and HRECS (Hukkeri Rural Electricity Supply Cooperative Society), must ensure that electricity connections are granted only to buildings with a valid OC.

THE SUNDAY READ

Exam fever

Phenomenon called 'fake sickness' grips kids reeling under performance pressure, anxiety

| Hetal Thaker
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TWEETS @BangaloreMirror

Spending time with her friends and peers and learning different subjects with all the fun activities are some of the most cherished routines for nine-year-old Renuka (name changed).

An extrovert who loves to play and chit-chat with her friends, Renuka looks forward to going to school every day. But, she often complains of breathlessness, headache or stomach pain, just before or during her exams and misses going to school.

Renuka's parents often used to panic and rush to her paediatrician every single time she showed these symptoms, until they were told by the doctor that Renuka might not be really sick, but these could be the signs of 'fake sickness', which is mostly related to performance pressure and exam related anxiety in children.

With final academic exams approaching, many paediatricians and mental health specialists in the city are seeing a rise in the number of 'fake sickness' cases. Doctors see approximately 5-10 cases of 'fake sickness' every week during exam season.

Dr Prashanth Gowda, director and consultant paediatrician, DYU Woman and Childcare Clinic and Head of the Department, Motherhood Hospital, says, "Understanding the pattern of symptoms is very important when treating children. If symptoms like nausea, stomach ache, headache etc. are present only during school time with no associated symptoms like vomiting, loose motions or fever (only above 99 degrees Fahrenheit) then it could be 'fake sickness', which is generally seen during high performance situations like exams in children."

"Typically, repetitive complaints about these symptoms are seen only during exam times and more typically on the day of a particular subject's exam," says senior paediatrician, Dr Sandeep Jathanna.

He further explained that in cases of 'fake sickness', there would be sudden change in behaviour of the child if parents ask them to miss going to school.

"Vague words like not feeling good, very weak, tired, I think I have fever and unreal symptoms like experiencing nausea but no vomiting, cough but no throat pain, feeling feverish but no temperature are some of the symptoms in such cases. Each case needs to be assessed by a doctor and treated accordingly," said Dr Jathanna.

"During final exam season, there is a lot of stress on students. High expectations from parents with very strict households where children are forced to study with a lack of open communication, can contribute to stress and anxiety. In such cases, we often see children presenting to us with various health symptoms," said Dr Anuradha Vinod, consultant paediatrics, Manipal Hospital, Old Airport Road.

Dr Vinod further spoke about the most common symptom. "Hyperventilation, which occurs due to anxiety, where the child finds it difficult to breathe is among the most common symptoms in case of fake sickness. Most often, it happens during school hours in extreme stressful situations like exams. In this scenario, the oxygen level remains normal, differentiating it from other health problems. Keeping the child calm and guiding them to breathe into a paper bag can help reduce symptoms of hyperventilation."

Premier mental health institutes like NIMHANS too see cases of fake sickness in children. Dr Manoj Kumar Sharma, Professor of Clinical Psychology, Coordinator of SHUT (Service for Healthy Use of Technology) clinic, NIMHANS, explains, "Children who have not developed strong coping strategies for managing stress may resort to avoidance tactics like faking sickness. Faking sickness may serve as a coping mechanism to avoid these intense feelings. By pretending to be sick, the child may seek to escape the stress associated with the exam."

Thumb rule

Experts spoke about how parents can deal with such situations. Dr Vijaya Raman, child psychologist, St. John's Medical College said, "One thumb rule parents can use to figure out if they need to take the child to a doctor is how much distress and dysfunction it is causing. Is the child not able to eat, sleep or play due to the symptoms? Then it is unlikely to be psychological."

Dr Raman said that If the symptom disappears when the child misses school, is playing his/her favourite game, watching television etc. when asked to stay at home and the symptoms resurface the next morning at the time of going to school, then it is likely to be psychological in origin.

"In such cases, parents can offer to take the child to the doctor and usually, a child who is trying to avoid a situation would not want to go to the doctor."

Dr Suhas Chandran, child psychiatrist, St. John's Medical College, explained how to help children in these cases.

"If the child is avoiding the situation at their schools due to stress about academics or peers or because of being afraid of certain teachers then it is necessary to let him/her talk about it and not blame the child for using avoidance of the situation as a way to cope. Also, it is important for parents to avoid comparing the child to siblings, peers or even their past performance. Such comparisons can heighten anxiety and lower self-esteem in children."

"Faking sickness may serve as a coping mechanism to avoid these intense feelings. By pretending to be sick, the child may seek to escape the stress associated with the exam
— Dr Manoj Kumar Sharma, NIMHANS

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BENGALURU SPEAKS

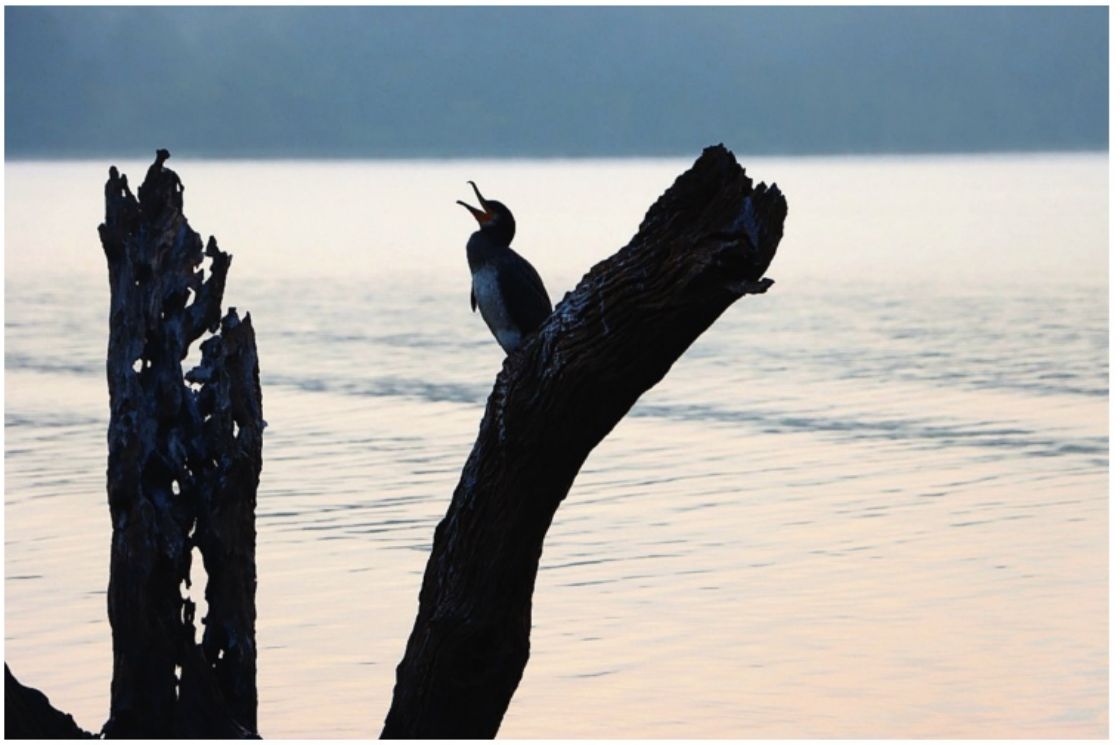
and gets heard on this page

STORYBEHINDTHEPHOTO

ECHOES OF THE WILD AT KABINI

Our reader captured this striking moment on their mobile at the Kabini River—a cormorant perched on a weathered tree stump, letting out a deep grunt as if calling out to the vast waters. A perfect blend of nature's solitude and its unspoken conversations.

The picture was clicked by reader **NJ Ravi Chander**



If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

Kullappa Circle roads crumble as repairs stalled amid land dispute

Decades-long neglect turns roads into hazard, silt pile-up makes matters worse; BBMP action urged

The deplorable condition of roads at Kullappa Circle, North East Bengaluru, has left residents and commuters struggling daily, particularly near Jayalakshmi School. With silt, stones, and dust covering the stretch, navigating the road has become a nightmare for both pedestrians and motorists. Despite being aware of the issue, local authorities have failed to act for over three decades due to an ongoing land dispute that stalled roadwork.

The lack of desilting measures has worsened the situation, making transportation hazardous, especially during monsoons when the area gets flooded. Frustrated residents have repeatedly urged civic officials to address the problem. "I ride my two-wheeler through Kullappa Circle daily, and it's exhausting," said software professional Dhanush. "The dust and stone-filled road make breathing difficult, and during rains, the mud splashes everywhere, increasing the risk of accidents."

The root of the issue lies in a long-standing legal battle the road was constructed on private land without proper compensation, leading to opposition from the landowner. Although a settlement was recently reached, the BBMP has yet to begin repairs. "Now that the legal matters are settled, we urge the BBMP to expedite road construction," said J Babu, a local resident. He added that culvert work had once begun but was abruptly halted. The low-lying nature of the area leads to frequent waterlogging, affecting homes and causing health concerns, especially for young children. "We can't afford further delays, especially with the rainy season approaching."

Despite their daily struggles on the bumpy, neglected road, Kullappa Circle commuters continue to wait for a resolution, hoping the BBMP will finally take action to restore the long-overdue infrastructure.

— Sandra S

Vehicles struggle to make their way through broken roads near Kullappa Circle

Dust bites: Potholes choke Bengaluru

- A recent report has revealed that Bengaluru's deteriorating roads, riddled with potholes, are not just a safety hazard but also a significant contributor to environmental pollution
- Dust from damaged roads has led to a sharp rise in air pollution levels, making it increasingly difficult for residents to breathe
- Negligence by BBMP officials and substandard roadwork have left many roads in the city in a dire state

DID YOU KNOW?

SpaceX's Starship and heavy booster -- the world's biggest and most powerful rocket system -- will launch for Mars by 2026, and human landings on the Red Planet will likely begin in 2031, said billionaire Elon Musk on Saturday. In a post shared on social media platform X, SpaceX CEO Musk said Star ship will carry Tesla humanoid robot Optimus to Mars. If conditions look suitable for humans, it could start "as soon as 2029." "Starship departs for Mars at the end of next year, carrying Optimus," Musk said. "If those landings go well, then human landings may start as soon as 2029, although 2031 is more likely," he added. The Starship huge 30-foot-wide, 397-foot-tall rocket is key to Musk's long-term vision of colonising Mars. Star ship consists of a giant first-stage booster called Super Heavy and a 50-meter upper-stage spacecraft known as Star ship. Musk plans to shift at least one million people to Mars, he shared on X, last year.

— IANS

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

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Is sleep deprivation making your brain 'eat itself'?

Firstcheck.in **Claim:** Lack of sleep can cause the brain to "eat itself".

Fact: Misleading. While sleep deprivation could lead brain disorder including Alzheimer's, 'brain eating itself' is an oversimplification

First Check came across an Instagram post claiming that "lack of sleep causes your brain to eat itself". "Studies show that sleep deprivation causes your brain to 'clean up' healthy cells, leading to long-term damage. Get your rest!," reads the caption.

This claim is based on a 2017 study in The Journal of Neuroscience which investigated the effect of the lack of sleep on the brain of mice. Researchers at Marche Polytechnic University in Italy compared two groups of mice: one either slept normally or was kept awake for eight hours, while another group was deprived of sleep for five days in a row, amounting to a chronic sleep deprivation.

The study found that lack of sleep increases the activity of certain brain cells called microglia and astrocytes, which normally help clear out damaged neurons and waste. In the sleep-deprived mice, astrocytes became extra active, "eating up" more synapses than usual—a process known as synaptic pruning. While synaptic pruning is a normal function that helps the brain work properly, excessive pruning from prolonged sleep loss could contribute to neurodegenerative diseases over time. Another study found that sleep deprivation could lead to Alzheimer's."Epidemiologic studies in humans suggest that sleep disruption and chronic short sleep may be risk factors for neurodegenerative disorders, including Alzheimer's disease (AD), the most common neurodegenerative disorder," says the study.

First Check spoke to Dr Ankit Daral MBBS, MD Consultant Psychiatrist, Indira Gandhi Hospital, New Delhi, who said that "'brain eating itself' was a misleading oversimplification." "If the excessive pruning continues for too long, it could contribute to brain disorders over time, potentially increasing the risk of conditions like Alzheimer's disease," he said.

Dr Daral further explained that the research in question was conducted on mice and involved microglia and astrocytes—cells that perform similar functions in both mice and humans. "Chronic sleep deprivation in humans could potentially trigger similar overactivation of these cells, which may increase the risk of excessive synaptic pruning, heightened neuroinflammation, impaired cognitive function, and a higher risk of neurodegenerative diseases," he added.

So, while it is true that sleep deprivation accelerates the brain's natural cleanup process, it does not mean the brain is literally consuming itself. This research was conducted on mice, and more studies are needed to confirm its long-term effects in humans. The takeaway? Prioritizing good sleep is essential for brain health, but the idea of the brain "eating itself" is misleading.

The story was originally published by firstcheck.in (https://firstcheck.in/fact-check-sleep-deprivation-brain-eat-itself/) and republished by Bangalore Mirror as part of the Shakti Collective.

Ode to first date Selena Gomez and Benny Blanco unveiled their sultry new single, 'Sunset Blvd,' accompanied by a visually captivating music video. The track, a nod to the couple's first date, is the latest release from their collaborative album, 'I Said I Love You First'

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Radiant birthday look

Alia celebrates 32nd with intimate pre-birthday bash

Bollywood's Gangubai Alia Bhatt is celebrating her 32nd birthday on March 15, fans can not stop adoring her over her natural beauty. Before going on a private retreat, she celebrated an intimate pre-birthday gathering with the media on March 12.

While the impressive two-tier cake and charming moments with her husband, Ranbir Kapoor were highlights, it was Alia's radiant no-makeup appearance that truly captivated her fans.

The actress wore a pastel kurti adorned with floral designs and paired with white pants, showcasing effortless elegance.

Embracing her natural freckles, she opted for a simple look with just a touch of lip tint. Fans quickly praised her confidence in showcasing her bare skin, describing her as "adorable" and "babyfaced" in the comments.

In a heart-touching moment, Ranbir Kapoor was right there with her as she cut the cake. He sweetly fed her the first slice and playfully smeared some frosting on her nose, causing her to laugh joyfully. Fans were thrilled by their chemistry, with many labeling them as the cutest couple in Bollywood.

The entire online community was filled with compliments for Alia's natural beauty. One fan pointed out her strong resemblance to her mother, Soni Razdan, while another appreciated her authenticity. Many noted that the small red bindi she wore added to her charm.

Meanwhile, Alia intended to celebrate her birthday with close friends and family in Alibaug. However, she and Ranbir cut their trip short and returned to Mumbai after the unexpected death

of Ayan Mukerji's father. The couple has a close relationship with the 'Brahmastra' director and wants to support him during this tough time.

On the work front, Alia is preparing to collaborate again with Sanjay Leela Bhansali for the highly awaited film 'Love and War', featuring Ranbir Kapoor and Vicky Kaushal. As fans eagerly anticipate her next major role, the actress continues to dazzle both on and off the screen with her enduring appeal.

—ETimes

IAK loses cool at 'nosy' comment

Ibrahim Ali Khan's debut movie "Nadaaniyan" did not sit well with the audience. Ibrahim has reportedly entered into a feud with Pakistani critic Tamur Iqbal regarding his review of the film. He had accused the debutant of getting a nose job.

Tamur recently took to his Instagram and shared a screenshot of his alleged unpleasant conversation with Ibrahim. Going by the post, Ibrahim allegedly wrote "Tamur… almost like Taimoor… you got my brother's name. Guess what you don't got? His face. You ugly piece of trash. Since you can't keep your words to yourself, don't bother, they're irrelevant just like you." He added "Ugly goddamn piece of sht… I feel bad for you and your family… and if I see you on the streets one day, I'll make sure I leave you uglier than you are… you walking piece of scum."

Tamur also reacted to this saying, "Hahahahaha, see, that's my man. This is the guy I want to see in the movie." "Not that fake Cornetto-mushy, cringy human. But hey, yes, that nose job comment was in bad taste. The rest I totally own up to. Massive fan of your dad—don't let him down", he added.

Sharing the screenshot of the chat on his IG, Tamur wrote, "Saif Ali Khan's son Ibrahim Ali Khan's outstanding raging response from his verified acc on my insta story after I mocked his debut movie Nadaaniyan. Good luck to you dude."

—IANS

Wishful thinking?

Rashmika Mandanna and Vijay Deverakonda have been making headlines for their rumoured relationship for a few years, and a recent social media post by the 'Animal' actress has once again fuelled speculations.

On March 15, Rashmika shared a heartfelt birthday wish for Anand Deverakonda, Vijay's younger brother, and the picture grabbed attention online. She posted a photo of him along with the caption, "Happiest birthday to you, Anandaaaaaa! @ananddeverakonda."

Anand was sitting in front of a traditional puja mandap inside their home, which had been set up for the recent Sankranti celebrations. Rashmika was earlier spotted celebrating Sankranti with Vijay's family, and the unseen picture of Anand appears to have been clicked by Rashmika on the same day.

—ETimes

MILLA JOVOVICH
DAVE BAUTISTA
FROM THE DIRECTOR OF RESIDENT EVIL
AND GEORGE R.R. MARTIN AUTHOR OF A GAME OF THRONES
IN THE LOST LANDS
IN CINEMAS NOW
PVR·INOX
NEXUS MALL Koramangala, 3:05 p.m., 10:30 p.m.
ORION MALL Dr. Rajkumar Road, 12:05 p.m.
PHOENIX MARKETCITY Whitefield Road, 11:20 a.m., 7:15 p.m.
VEGA CITY Bannerghatta Road, 12:20 p.m., 8:15 p.m.
DIRECTORS CUT FORUM REX WALK Ashok Nagar, 4:15 p.m.
GARUDA MALL Magrath Road, 8:20 p.m.
MEGAPLEX MALL OF ASIA Bellary Road, 11:50 a.m., 7:30 p.m.
cinépolis
NEXUS SHANTINIKETAN Whitefield Road, 12:10 p.m., 10:20 p.m.
LULU MALL Rajajinagar, 1:40 p.m.
-------*Check online for updated showtimes as they may vary.-------

PVR
AURA CINEMA PARK - Whitefield (ATMOS) : 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | BHARTIYA Mall - Thanisandra : 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm | DIRECTOR CUT REX- M.G. Road : 9.10, 11.55 am, 2.30, 5.10, 7.50 & 10.30 pm | FALCON CITY - Kanakpura Road :(ATMOS) 9.00, 9.50 am, 12.45, 1.20, 3.40, 6.35, 7.35, 9.30 & 10.30 pm | FORUM MALL - Koramangala : 1.05, 4.00 & 10.15 pm - ATMOS : 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | VEGA CITY MALL -Bannerghatta Road (ATMOS): 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm | 9.00 am, 1.30, 7.35 & 10.30 pm | REGALIA - Nagawara : 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | ORION MALL - Yashwantpur : ATMOS : 9.50 am, 12.45, 1.15, 3.40, 6.35, 6.50, 9.30 & 9.45 pm | OMR UPTOWN MALL - Hoskote : 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | PHOENIX MARKET CITY - Devasandra : 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | VAISHNAVI SAPPHIRE MALL - Yashwantpur : 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm | VR MALL -Devasandra (ATMOS) 10.40 am, 1.45, 4.40, 7.35 & 10.30 pm | 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm | SPIRIT MALL - Bellandur : 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | GT WORLD - Magadi Road :9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | GLOBAL MALL - Nayandalli (ATMOS) : 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm | FORUM MALL - Mysore (ATMOS) : 1.10 & 7.05 pm | 9.55 am, 3.50 & 9.45 pm | GARUDA MALL - Mysore Road : 10.50 am, 1.45, 4.40, 7.35 & 10.30 pm | FIZA MALL - Mangalore : 10.20 am, 1.15, 4.10, 7.05 & 10.00 pm.

INOX
BROOKFIELD : 10.25 am, 1.20, 7.35 & 9.50 pm | CENTRAL - J.P. Nagar (ATMOS) 1.20 & 7.35 pm | 10.00 am, 4.15 & 10.30 pm| GARUDA MALL - Magrath Road : (ATMOS) 10.00 am, 4.20 & 7.15 pm | 12.05 & 10.30 pm | MANTRI MALL - Malleshwaram : (ATMOS) 1.10, 7.15 & 10.30 pm | 10.00 am & 4.40 pm | GARUDA MALL - Yelahanka : 10.00 am, 4.15, 7.05 & 10.00 pm | LUDO - Ulsoor : 10.00 am, 1.35, 4.15, 7.25 & 10.20 pm | MALL OF ASIA - Airport Road : (ATMOS) 9.50 am, 12.45, 3.40, 6.35 & 9.30 pm | 10.50 am, 1.45, 4.40, 7.35 & 10.30 pm | RMZ GALLERIA MALL - Yelahanka (ATMOS) 1.10 & 7.25 pm | 10.55 am, 4.05 & 10.00 pm | SBR HORIZON - Seege Halli (ATMOS) 1.20 & 7.35 pm | 9.30 am, 3.45 & 10.00 pm | SWAGAT - Jaya Nagar : 10.35 am, 1.20, 7.35 & 10.10 pm | S MALL - Tumkur (ATMOS) 1.20 & 7.35 pm | 12.10 & 10.10 pm | VALUE MALL - Whitefield (ATMOS) 1.20 & 7.35 pm | 10.40 am, 4.40 & 10.20 pm | MALL OF MYSORE : 10.15 am, 1.15, 4.10 & 7.05 pm | CENTRO - Mysore (ATMOS) 4.15 pm | 10.05 am, 1.00 & 6.55 pm | CENTRAL MALL - Manipal : 10.40 am, 1.35, 7.35 & 10.30 pm.

cinépolis
ROYAL MEENAKSHI - Bannergatta Road : 11.00 am, 1.50, 4.40, 7.30 & 10.20 pm
ETA NAMMA MALL - Binnypet :10.00, 11.10 am, 2.00, 4.50, 7.40 & 10.30 pm
LULU MALL VIP- Rajajinagar :11.00 am, 2.00, 4.50, 7.40 & 10.30 pm
LULU MALL TRD- Rajajinagar :10.15 am, 1.35, 4.20, 7.40 & 10.25 pm
ORION EAST MALL - Banaswadi : 10.30 am, 1.20, 7.20 & 10.10 pm
SHANTINIKETAN ITPL - Whitefield :10.00, 11.10 am, 2.00, 4.50, 7.40 & 10.30 pm
SJR : 10.45 am, 1.35, 4.25, 7.15 & 10.05 pm |
CENTRAL MALL - Mangalore : 11.00 am, 1.40, 7.10 & 9.50 pm.

GOPALAN
ARCH MALL - RR Nagar : 4.45 & 10.30 pm
INNOVATION MALL - Bannerghattha Road : 10.15 am, 4.30 & 9.45 pm
GRAND MALL - Old Madras Road : 11.30 am, 5.30 & 10.30 pm.

MOVIETIME
RR NAGAR : 10.30 am, 1.30, 4.00 & 10.00 pm
Bellary : 10.30 am, 4.30, 6.30 & 10.30 pm.
MIRAJ CINEMAS Sunkadakatte

Bharath Cinemas
Mangalore : 10.00 am, 2.45, 5.30, 8.00 & 10.30 pm | Manipal : 11.15 am, 2.00, 4.45, 7.30 & 10.50 pm | Shimoga : 11.30 am, 2.00, 8.00 & 10.30 pm.

INNOVATIVE
Marathahalli : 9.50 am, 1.30, 4.10, 7.30 & 10.15 pm
ROCKLINE CINEMAS
Jalahalli : 11.00 am, 3.45, 6.45 & 9.15 pm.

NEW FANGLED MINIPLEX - MG.Road : 11.00 am, 1.30, 5.00, 7.15 & 10.55 pm | DRC CINEMAS - Mysore : 10.10 am, 1.00 & 10.15 pm | and other cinemas.

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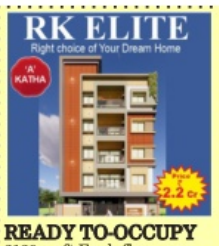

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Waiting for the vultures

CONTINUED FROM PAGE 1

Owing to the dwindling population of various vulture species, the Indian government, in 2020, released the Action Plan for Vulture Conservation in India 2020-2025. The plan recommended the setting up of vulture hubs in each state in the country, including Karnataka. The centre at BNP is an outcome of the action plan.

"The Action Plan was announced due to a crash in vulture populations mainly due to diclofenac, a veterinary NSAID. While the drug, along with some of its harmful alternatives, has been banned from use, they are still in use in Karnataka and in and around Bengaluru. There is a dire need to start the breeding center as it would help revive the dwindling vulture population," said a conservationist.

All set

The BNP centre was ready more than a year ago and has two aviaries to house captive vultures for breeding. Once the birds lay eggs, the eggs will be moved to a brooder unit where they will be kept under regulated temperature. Once the eggs hatch, the young ones will be taken care of at the centre till they are ready to be released into the wild.

However, the first-of-its-kind project has hit multiple roadblocks since work on it started in September 2021. The centre was first expected to be ready by May 2022. However, the deadline was pushed multiple times and was finally met only by early 2023.

Later, the change in the definition of zoos under the Wildlife (Protection) Amendment Act of 2022, which came into force on April 1, 2023, delayed the project further. The forest department then had to wait for permission from the CZA to get the project started.

Dowry hasn't stopped, 'it has evolved'

CONTINUED FROM PAGE 1

Initially, she stayed at her mother's house while their new home in Srinivasa Nagar was being set up. She moved in on May 19, 2022, to live with her husband, mother-in-law, and other relatives. Over time, she alleged that her in-laws frequently demanded money from her father. When he suggested investing in land instead of giving cash, her husband refused. The situation worsened when he allegedly began drinking and insisted that she had no right to their home.

The victim's father is also said to have paid Rs 1 lakh as an advance for a car purchased in her name, but she was blamed when EMI was not paid on time. After repeated conflicts, her husband allegedly abandoned her in July 2024.

Legal standpoint

Police officials explained that before registering an FIR, they initially provide counseling to the victims. However, if the victim declines counseling, the case is immediately filed as an FIR, with the decision based on the severity of the incident. They further emphasised that the reported cases represent only a small portion of the actual dowry harassment incidents, as many women refrain from lodging complaints due to societal stigma and family pressure.

Advocate Rajalaxmi Ankalagi sheds light on how law enforcement determines a valid case. "Whenever a woman approaches a police station as a victim, there are primary indicators that a crime has occurred. The first is physical assault or visible injuries on her body, which can serve as evidence of harassment. If the signs of harassment are evident, the police immediately file an FIR. In cases where injuries are present, the victim is sent for medical examination, and a report is prepared. Additionally, if a victim seeks medical attention and the doctor observes injuries, it becomes their duty to inform the police if the victim confirms experiencing harassment," she said.

Ankalagi further explained that dowry demands have evolved. "In today's era, the concept of dowry has evolved beyond its traditional definition. Previously, it primarily involved jewellery or cash given at the time of marriage. However, now it can take various forms, such as a car, a house, or any favour that benefits the son-in-law. Even if dowry is not given during the wedding, it can be demanded later in the marriage."

Dowry is essentially any benefit taken from the woman's family, but it is not limited to them. If a woman is financially independent or owns assets in her name, pressuring her to transfer them to her husband also qualifies as dowry demand. "This is a clear case of demanding monetary benefits under the guise of marriage, reinforcing the persistent issue of dowry in modern society," she said.

Another recent domestic dispute took a violent turn when a man threw chilli powder at his wife, father-in-law, and son over dowry-related issues in Nelagadaranahalli near T Dasarahalli. The accused, a bank employee, and the complainant, an assistant professor at a private college, met through a matrimonial site in 2021.

Since their marriage, the victim has accused the man of dowry harassment and physical abuse. She alleged that he frequently berated her over beauty-related concerns and assaulted her. On the day of the incident, an argument escalated, and the man ended up throwing chilli powder at her and her family members.

This is not the first time she has taken legal action—an FIR had been registered at Peenya police station. Along with harassment, financial troubles have added to the conflict, with outstanding debts remaining unpaid.

Dowry cases have risen as more women earn through multiple sources. The exact percentage of dowry harassment cases is difficult to determine because such offences occur within the confines of a home, experts say. "Even when a case is genuine, proving it becomes challenging as the only witnesses are often the husband's family, who are unlikely to support the wife's claims. Despite the harassment being real, the lack of evidence often leads to acquittals. This is why many cases get dismissed, creating the perception that a large number of them are false," Ankalagi added.

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I, Haji Abdul Sattar S/o Mohammed Hayay Sab R/o 68 /2, Ittige Anjanappa Lane,Near old pension Mohalla Chamra - jpet B'lore-560018 have changed my name to Abdul Sattar.

I Sujay Sagar S/o Vijay Sagar K R/o No.016, Ground Floor, Ds Max Swatantra, Sacred Heart Road,Tc Palya, Kr Puram, Bengaluru -560036 have changed my name to Sujay Sagar V for all purposes.

I, Uppukar Server Shoukat Ali S/O, Server Hussain Uppukar R/o No 31 29th Cross 7th Block Jayanagar Bengaluru 560082 have changed my name to Vuppukar Server Shoukat Ali for all purposes.

I, Vijay Naidu, legal guardian of Tanushree - daughter of Gunavathi Manyam, residing at #39, 4th floor, Sarvabhouma Nagar, Chikkalasandra, Bangalore-61, hereby declare that her name has been changed from Tanushree to Tanushree Nitin. She will henceforth be known as Tanushree Nitin for all purposes.

I, Siddappa S/O Madesh R/O 147,Madhuvanahalli, Kollegala, Chamarajnagar,Karnataka-571440 have changed my name to Siddappa M

I, Syed Hafeez S.M S/o Syed Mahboob.S.M R/o No-66/7 5th Main,5th Cross, Sait palya Lingaraj Puram B'lore-560084 have changed my name to Syed Hafeez.

I, Moksh S/o Vikas Mehta R/o #301, Parasmani Green Leaf Reservoir Street,Basavana - gudi B'luru-560004 have changed my name to Moksh V Mehta for all purposes.

I, Habeebur Rehman S/O Mohammed Abbas R/O 1st Crs, Chinappa Garden, Benson Town, B'lore-46 have changed my name to Habeeb Ur Rehman for all purposes.

I, Joshi Dharam Pravinkumar, Dharam Pravinkumar Joshi S/o Pravin Joshi R/o A707, Nd Passion Apartment, Haralur Road, Kudlu, Bengaluru 560068 have changed my name to Dharam Pravin Joshi for all purposes.

I, Kodandaramareddy Shakuntala, W/o N Kodandarama reddy, R/at No. 37, 4th Main road, Puttenahalli, J.P Nagar 7th Phase, Bangalore-560078 have changed my name to Saraki Venkata Swamy Reddy Shakuntala, vide affidavit dt: 15.03.2025 before notary H.S Dharma Prasad, Bangalore.

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All you need to know about...

Weight loss tip

Plant-based foods will help
A new study claims replacing animal products with plant-based foods like soy milk and vegan meat that are ultra-processed, can lead to significant weight loss.
The research by the Physicians Committee for Responsible Medicine looked at the role of plant-based processed foods in weight loss.

Shun processed foods
High-processed foods -- rich in sugar, salt, and fat -- are known to be unhealthy and contribute to weight gain, obesity, and a host of diseases.
"Our research shows that choosing a bagel instead of bacon for breakfast or a veggie burger instead of a hamburger for dinner is the best option if you are looking to lose weight," said Hana Kahleova, director of clinical research for the Physicians Committee for Responsible Medicine.

Soy milk anyone?
"Filling your plate with plant-based foods -- even if they are considered ultra-processed like soy milk and vegan meat and yogurt alternatives -- instead of animal products can have a positive impact on your weight and overall health," Kahleova added.

Reduced calorie and fat intake
The findings, published in the journal Nutrition & Metabolism, showed that participants in the vegan group decreased consumption of animal products and increased plant-based foods. This led to an average weight loss of 5.9 kilograms, compared to an insignificant change in the control group. The top three predictors of weight loss were reduced consumption of processed animal foods (such as smoked fish), unprocessed or minimally processed animal foods (such as milk, beef, and eggs), and ultra-processed animal foods (such as cheese, fried chicken, and sausage). This appears to have resulted from reduced calorie and fat intake and increased fiber intake, as well as calorie burn from increased after-meal metabolism, said the researchers. —IANS

Sweet treat

Let's keep the Holi mood going with these fusion desserts

GULAB JAMUN PARFAIT

INGREDIENTS
For the Parfait Layers:
- 8-10 mini Gulab Jamuns (store-bought or homemade)
- 1 cup Rabri (or thickened sweet milk)
- ½ cup whipped cream (optional, for extra lightness)
- ½ cup crushed digestive biscuits
- ¼ tsp cardamom powder
- 1 tbsp rose water

For Garnishing:
- Chopped almonds & pistachios
- Dried rose petals
- Silver leaf (optional)
- A few saffron strands

METHOD
Step 1: Prepare the Rabri Mixture
- If using store-bought rabri, lightly whisk it with cardamom powder and rose water to enhance the flavour.
- For an extra creamy texture, fold in whipped cream (optional).

Step 2: Prepare the Gulab Jamuns
- Cut the gulab jamuns in halves or quarters for easy layering.
- Lightly pat them with a tissue if they are too syrupy to prevent excess sweetness.

Step 3: Assemble the Parfait
- In a serving glass or jar, start with a layer of crushed biscuits at the bottom.
- Add a few pieces of gulab jamun on top.
- Pour a generous layer of rabri over it.
- Repeat the layers until the glass is full, finishing with rabri on top.

Step 4: Garnish & Serve
- Sprinkle chopped almonds & pistachios over the top.
- Garnish with dried rose petals, saffron strands, and silver leaf for a festive touch.
- Chill for 30 minutes before serving for the best texture.

GAJAR HALWA TRUFFLES

INGREDIENTS
For the Gajar Halwa:
- 2 cups grated carrots
- 1 cup full-fat milk
- ½ cup condensed milk (or ¼ cup sugar)
- 2 tbsp ghee (clarified butter)
- ¼ tsp cardamom powder
- 2 tbsp chopped nuts (almonds, pistachios, cashews)
- A pinch of saffron (optional)

For the Truffle Coating:
- 200g dark chocolate (or milk chocolate), melted
- 1 tsp coconut oil (for smooth melting)
- Chopped nuts, dried rose petals, or edible silver leaf for garnish

METHOD
Step 1: Prepare the Gajar Halwa
- Heat ghee in a pan and sauté the grated carrots for 5 minutes until fragrant.
- Add milk and cook on medium heat until the carrots absorb the milk.
- Stir in condensed milk (or sugar) and cook until the mixture thickens.
- Add cardamom powder, saffron, and chopped nuts, mixing well.
- Cook until the halwa becomes dry enough to hold shape. Let it cool completely.

Step 2: Shape the Truffles
- Take small portions of the cooled halwa and roll them into bite-sized balls.
- Place them on a tray lined with parchment paper and refrigerate for 30 minutes to firm up.

Step 3: Coat with Chocolate
- Melt the chocolate with coconut oil using a double boiler or microwave.
- Dip each gajar halwa ball into the melted chocolate, coating it evenly.
- Place them back on the tray and garnish with chopped nuts, rose petals, or silver leaf.

Step 4: Set & Serve
- Refrigerate for another 30 minutes until the chocolate hardens.
- Serve these delicious Gajar Halwa Truffles chilled and enjoy a modern twist on a classic Holi dessert!

THANDAI CHEESECAKE

INGREDIENTS
For the Biscuit Base:
- 1.5 cups digestive biscuits (or graham crackers), crushed
- ¼ cup melted butter

For the Cheesecake Filling:
- 1.5 cups cream cheese (room temperature)
- ½ cup condensed milk
- 1 cup heavy whipping cream
- 2 tbsp. Thandai powder (homemade or store-bought)
- 1 tsp rose water
- ½ tsp cardamom powder
- 1 tbsp. gelatin (or 1.5 tsp agar-agar for a vegetarian option)
- 3 tbsp. warm milk (to dissolve gelatin)

For Garnishing:
- Chopped almonds & pistachios
- Dried rose petals
- Silver leaf (optional)
- A few saffron strands

METHOD
Step 1: Prepare the Biscuit Base
- Crush the biscuits into fine crumbs and mix them with melted butter.
- Press this mixture into the base of a springform pan to form an even layer.
- Refrigerate for at least 30 minutes to set.

Step 2: Prepare the Cheesecake Filling
- Dissolve the gelatine (or agar-agar) in warm milk and let it sit for 5 minutes.
- In a mixing bowl, beat the cream cheese until it becomes smooth and creamy.
- Add condensed milk, Thandai powder, rose water, and cardamom powder. Mix well.
- In a separate bowl, whip the heavy cream until soft peaks form.
- Gently fold the whipped cream into the cream cheese mixture.
- Add the dissolved gelatine and mix well until fully combined.

Step 3: Assemble & Set the Cheesecake
- Pour the prepared cheesecake mixture over the biscuit base, smoothing the top with a spatula.
- Refrigerate for at least 6 hours (or overnight) to allow it to set completely.

Step 4: Garnish & Serve
- Once set, carefully remove the cheesecake from the spring form pan.
- Garnish with slivered nuts, dried rose petals, saffron strands, and silver leaf for an elegant festive touch.
- Slice and serve this cool, creamy, and flavourful Thandai Cheesecake to celebrate Holi in style!

Recipes by Pradip Kumar Pani, Executive Chef, Grand Mercure Mysore

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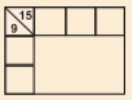
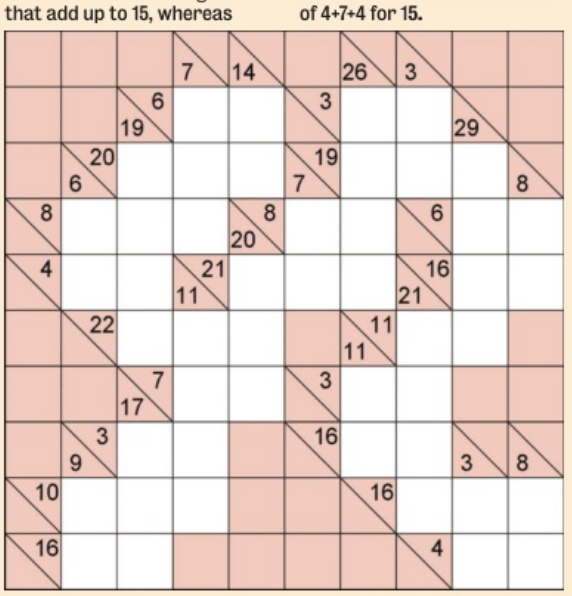
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

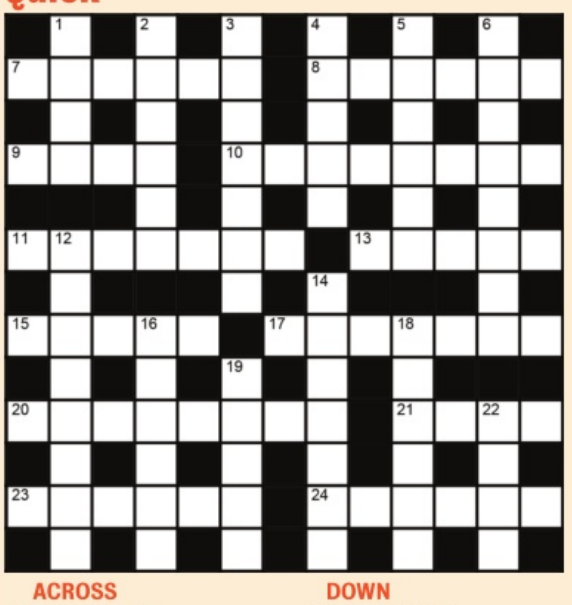


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Inner circle (6)
8 Stank (6)
9 Taj Mahal city (4)
10 Wearing identifying uniform (8)
11 ___ back : reverting to a subject or point? (7)
13 Fourth month (5)
15 Very severe (5)
17 Member of the nobility (7)
20 Tourist destination famous for white water rafting (8)
21 1.61 kms? (4)
23 Children (6)
24 Persuading or inducing (6)

DOWN

1 Hang limply (4)
2 Parrot's outburst (6)
3 Inner upper surface of room (7)
4 Small wood (5)
5 Rip to pieces (4,2)
6 Torments maliciously (8)
12 Ascribe or assign (8)
14 Exclude as possibility (4,3)
16 First class (6)
18 Respect or reverence paid (6)
19 Not tight (5)
22 Sharp-eyed cat (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: K EQUALS E

WCK RHCE ZWPE VOC ZOPJ QDPKK ZHCQKP JWCQDA.

Linemaro

I am wondering if I am I dead, because I am seeing an angel

Mindchow

Failure is the condiment that gives success its flavour

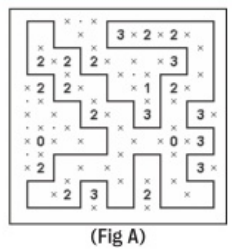
Joke of the day

I invented a new word today: Plagiarism

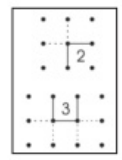
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

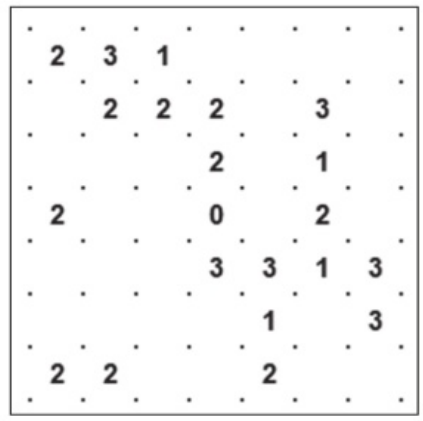


(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

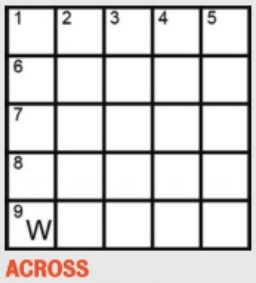


Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

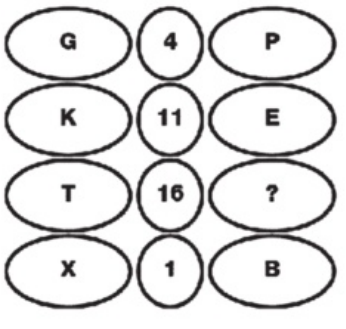
1 Crams; 6 Ratel;
7 Riced; 8 Al bed;
9 I'd wow

DOWN

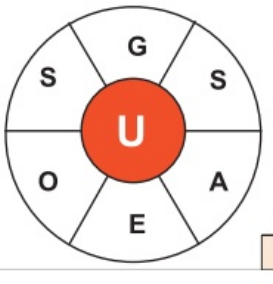
1 Caw ma; 2 Bail I;
3 Id red; 4 Cored;
5 Wrest

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

SudokuChallenge

3		8				5		1
	5	6		3		7	2	
	8		4		5		9	
2	1		3		9		8	5
	9		2		1		7	
	3	4		1		9	5	
7		1				3		6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 23
2 4 8 9

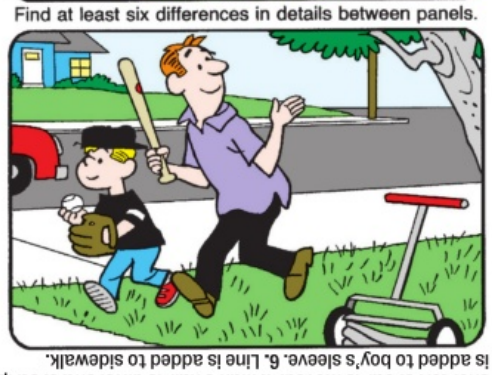
Medium = 25
5 5 6 9

Hard = 9
2 2 5 9

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Bat is shorter. 2. Lawn mower handle is shorter. 3. Car is moved. 4. Man's hair is different. 5. Stripe is added to boy's sleeve. 6. Line is added to sidewalk.

Riddler

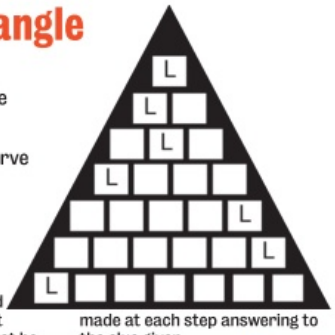
Fill in the missing words to make a phrase with both the left and right hand sides. For instance, if you were given GRAPE _____ FLY, the missing word could be FRUIT, making GRAPEFRUIT and FRUIT FLY.

1. TOP _____ AGENT
2. PROXY _____ OF NO CONFIDENCE
3. SECOND-HAND _____ DETECTOR
4. THE SACK OF _____ APPLE
5. ST. LOUIS _____ SIN

Once you have the words, what event does it represent?

Alpha triangle

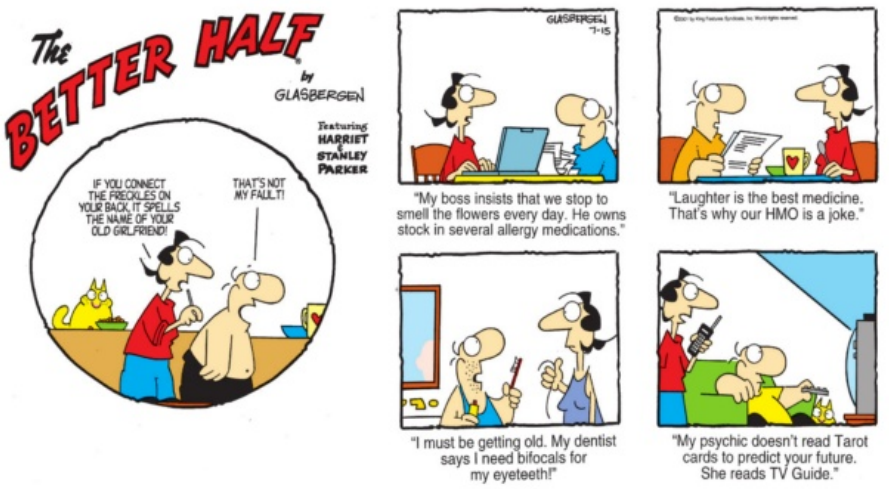
1 Litre
2 French article
3 Alcoholic beverage
4 Alley
5 Of the kidneys
6 Pertaining to a nerve
7 Wash

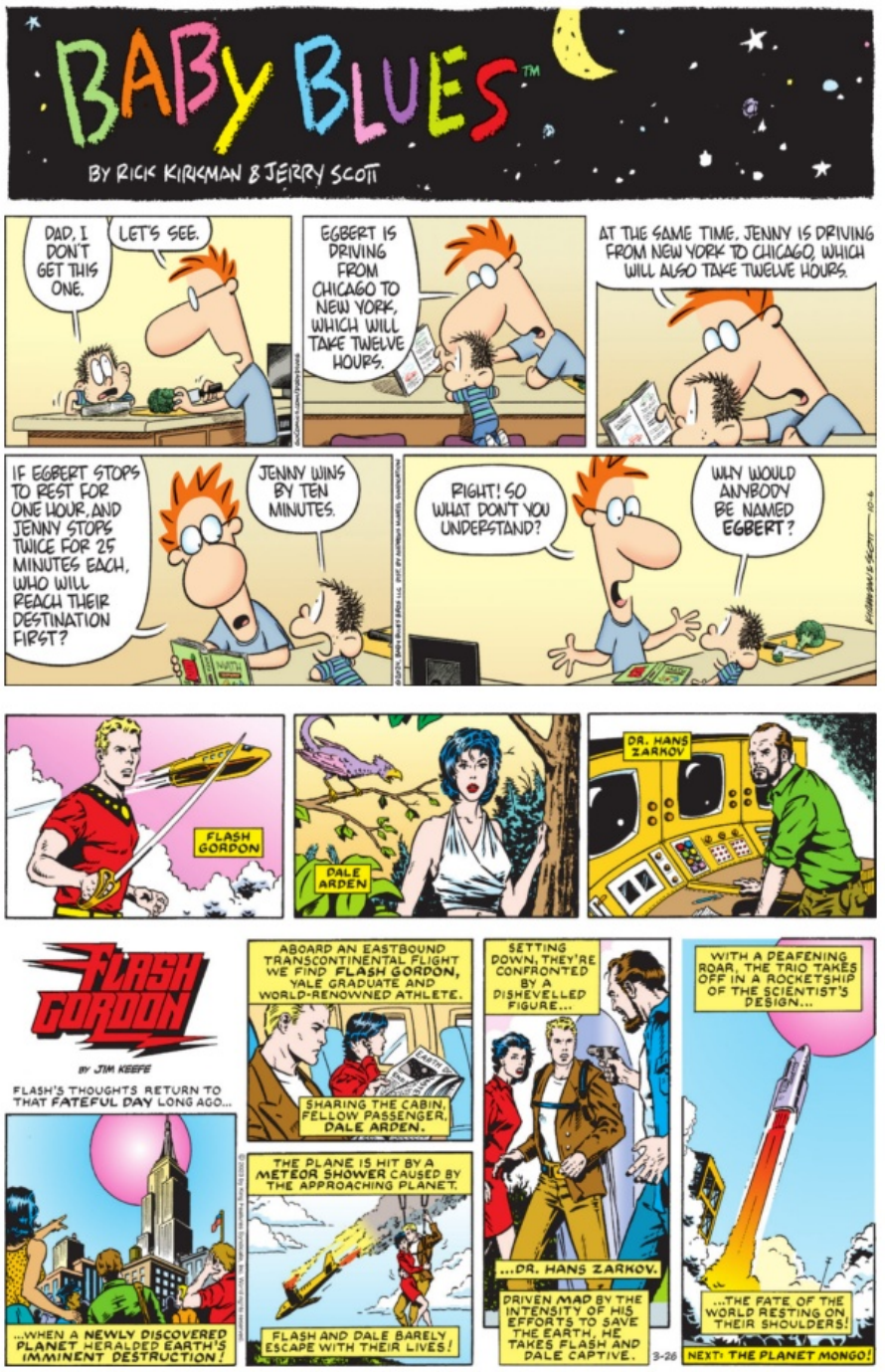


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
IF YOU CONNECT THE FRECKLES ON YOUR BACK, IT SPELLS THE NAME OF YOUR OLD GIRLFRIEND!
THAT'S NOT MY FAULT!
GLASBERGEN 7-15
"My boss insists that we stop to smell the flowers every day. He owns stock in several allergy medications."
"Laughter is the best medicine. That's why our HMO is a joke."
"I must be getting old. My dentist says I need bifocals for my eyeteeth!"
"My psychic doesn't read Tarot cards to predict your future. She reads TV Guide."


BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
DAD, I DON'T GET THIS ONE.
LET'S SEE.
EGBERT IS DRIVING FROM CHICAGO TO NEW YORK, WHICH WILL TAKE TWELVE HOURS.
AT THE SAME TIME, JENNY IS DRIVING FROM NEW YORK TO CHICAGO, WHICH WILL ALSO TAKE TWELVE HOURS.
IF EGBERT STOPS TO REST FOR ONE HOUR, AND JENNY STOPS TWICE FOR 25 MINUTES EACH, WHO WILL REACH THEIR DESTINATION FIRST?
JENNY WINS BY TEN MINUTES.
RIGHT! SO WHAT DON'T YOU UNDERSTAND?
WHY WOULD ANYBODY BE NAMED EGBERT?

FLASH GORDON
DALE ARDEN
DR. HANS ZARKOV
FLASH GORDON
BY JIM KEEFE
FLASH'S THOUGHTS RETURN TO THAT FATEFUL DAY LONG AGO...
ABOARD AN EASTBOUND TRANSCONTINENTAL FLIGHT WE FIND FLASH GORDON, YALE GRADUATE AND WORLD-RENOWNED ATHLETE.
SHARING THE CABIN, FELLOW PASSENGER, DALE ARDEN.
...WHEN A NEWLY DISCOVERED PLANET HERALDED EARTH'S IMMINENT DESTRUCTION!
THE PLANE IS HIT BY A METEOR SHOWER CAUSED BY THE APPROACHING PLANET.
FLASH AND DALE BARELY ESCAPE WITH THEIR LIVES!
SETTING DOWN, THEY'RE CONFRONTED BY A DISHEVELLED FIGURE...
...DR. HANS ZARKOV.
DRIVEN MAD BY THE INTENSITY OF HIS EFFORTS TO SAVE THE EARTH, HE TAKES FLASH AND DALE CAPTIVE.
WITH A DEAFENING ROAR, THE TRIO TAKES OFF IN A ROCKETSHIP OF THE SCIENTIST'S DESIGN...
...THE FATE OF THE WORLD RESTING ON THEIR SHOULDERS!
NEXT: THE PLANET MONGO!
3-26

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
The Moon's blessings bring good news related to your profession. Your domestic life will be joyful, but avoid arguments over trivial matters, as overexcitement may test your patience. This is a favourable day for investment decisions, especially in real estate. Students will stay focused on their studies.

Taurus Apr 21 – May 20
You may feel sluggish initially but will regain momentum at work. Extra attention is needed for your children's academics. You are in a strong position against rivals, but investors should be cautious with financial decisions. Job seekers may find a suitable opportunity.

Gemini May 21 – Jun 21
Negative energy may affect your mood today. Avoid investing in unworthy assets, and do not rely on friends for support. Independent decision-making will be crucial for better outcomes.

Cancer Jun 22 – July 23
You may feel low and encounter work-related obstacles. Patience is key when making investment decisions—avoid impulsive business moves. Unnecessary spending may cause dissatisfaction within your family.

Leo Jul 24 – Aug 23
Your hard work will bring success. A short work-related trip may be planned, and subordinates will support your business strategies. Even competitors may acknowledge your efforts. Good news regarding your siblings may arrive.

Virgo Aug 24 – Sep 23
You will manage expenses efficiently. Business or real estate investments may be on your mind, improving your future financial health. Your polite nature will help in professional and personal interactions. However, your spouse may feel neglected or face health concerns.

Libra Sep 24 – Oct 22
Energy and confidence will drive you today. Your planning and execution skills will improve, but carefully review documents before signing anything. Enthusiasm may lead to investments in a family business. Lovebirds should avoid unnecessary discussions to prevent conflicts.

Scorpio Oct 23 – Nov 22
Anxiety and restlessness may cause distractions. Avoid wasting time on unimportant tasks. Visiting a religious place may bring peace of mind, and guidance from elders could help you navigate challenging situations.

Sagittarius Nov 23 – Dec 22
A social gathering may help you reconnect with valuable contacts for future benefits. Those in glamour, art, or fashion may explore new professional opportunities. Students will excel, and lovebirds will enjoy quality time together.

Capricorn Dec 23 – Jan 20
A busy work schedule may reduce family time. However, overseas networking opportunities may arise. Be cautious with financial investments. A promotion may be in store for those in jobs.

Aquarius Jan 21 – Feb 19
Situations are under control, and business gains look promising. Hard work will be rewarded, and postponed projects may resume. A peaceful religious trip may be considered, along with donations to charity or religious causes.

Pisces Feb 20 – Mar 20
The Moon's unfavourable position may cause health issues and financial setbacks. Avoid new investments, as gains could turn into losses. Stay away from controversies to prevent negative consequences.

KIDZONE

Krishiv Khemani, Bengaluru

Athrva Aravind, Bengaluru

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SOLUTIONS

SOLVE IN 1M
= {3^4 / (1+1+1)^2)}
= {3^4 / (3^2)} = {3^2} = 9

RIDDLER
1. SECRET, 2. VOTE, 3. SMOKE, 4. ROME & 5. CARDINAL The event is a Papal conclave, when a new Pope is chosen.

QUOTE UNCODE
One kind word can warm three winter months.

FAST FIVE

M	A	R	C	S
A	L	E	R	T
C	I	D	E	R
A	B	I	D	E
W	I	D	O	W

BULL'S EYE
ague, GASEOUS, gauss, guess, souse, usage

STRIKE OUT

U	N	I	Q	U	E	C	O	A	R	S	E			
P	G	M	M	D	I	V	I	E						
D	A	N	U	B	E	V	E	C	T	O	R			
A	I	O	N	A	I	R	U	I						
T	A	T	A	D	E	C	B	A	B	E				
E	V	E	N	S	O	M	I	L	E	R				
A	G	O	U	L	A	S	H	A						
A	S	H	E	N	I	S	A	C	K	S				
I	T	E	R	C	A	P	R	H	Y	L				
D	A	U	L	N	A	R	A	A						
I	O	D	I	N	E	R	U	E	F	U	L			
A	L	E	R	T										
G	O	R	D	O	N	S	E	L	D	O	M			
N	E	C	A	B	I	N	E	O						
P	G	M	M	D	I	V	I	E						

QUICK

F	S	C	G	T	B									
C	L	I	O	U	E	R	E	K	E	D				
A	U	I	O	A	D									
A	G	R	A	L	I	V	E	R	I	E	D			
H	A	R	K	I	N	G	A	P	R	I	L			
		W	I	E	U	V								
			G	R		L								
A	C	U	T	E	D	U	C	H	E	S	S			
		R	I	L	O									
K	E	M	P	H	O	L	E	M	I	L	E			
D	T	O	O	A	Y									
M	I	N	O	R	S	U	R	G	I	N	G			
T	P	E	T	E	X									

MENSA PUZZLE
W. In each row, take the reverse alphabetical value of the left hand letter and the alphabetical value of the right hand letter and calculate the difference, putting this result in the central square.

SUDOKU

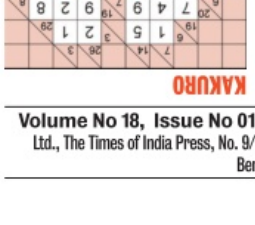
3	4	8	9	2	7	5	6	1
9	7	2	1	5	6	8	3	4
1	5	6	8	3	4	7	2	9
6	8	3	4	7	5	1	9	2
2	1	7	3	6	9	4	8	5
8	3	4	6	1	2	9	5	7
4	9	5	2	8	1	6	7	3
5	6	9	7	4	3	2	1	8
7	2	1	5	9	8	3	4	6

ALPHA TRIANGLE
L, Le, Ale, Lane, Renal, Neural, Launder.

GO FIGURE
Easy
2 + 9 + 4 + 8 = 23
Medium
9 + 6 + 5 + 5 = 25
Hard
5 + 9 / 2 + 2 = 9

LOOP

KAKURO



Volume No 18, Issue No 011 RNI NO:KARENG/2007/22325 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesofindia.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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